

# Analisis faktor-faktor yang mempengaruhi tingkat kelelahan kerja pada crew kapal ferry Merak Bakauheni PT X Cabang Merak tahun 2015 = Analysis factors of fatigue and result in an accident onthe ferry Merak Bakauheni PT ASDP 2015 / Nurlina

Nurlina, author

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## Abstrak

[<b>ABSTRAK</b><br>

Tesis ini mengambil tema mengenai tingkat kelelahan pada crew kapal Ferry Merak Bakauheni PT. X Banten dikarenakan berbagai variabel dan apakah tingkat kelelahan tersebut dapat berpengaruh.

Kata kunci: Kelelahan, Crew Kapal

Kelelahan merupakan perasaan lelah dan kewaspadaan yang berkurang yang berhubungan dengan kantuk, sehingga dapat berpengaruh terhadap kemampuan dan kemauan untuk melaksanakan tugas bahkan dapat berakibat celaka. Untuk mengetahui tingkat kelelahan salah satu metode menggunakan instrumen dari International Fatigue Research International dan skala Linckert agar dapat diketahui terjadinya pelemahan motivasi, kegiatan dan fisik pada crew Kapal Penyebrangan Merak Bakauheni Banten sebanyak 43 responden. Penelitian ini menggunakan penelitian kuantitatif dan pendekatan cross sectional.

Penelitian mendapatkan hasil tingkat kelelahan ringan 27,9 % dan kelelahan sedang 72,1%. Tingkat kelelahan ringan dan sedang di hubungkan dengan variabel-variabel. Hasil uji Chi Square pada variabel tersebut mempunyai p value > 0,5, artinya tidak adanya hubungannya antara umur, jenis kelamin, masa kerja, status gizi, status kesehatan, shift/pola kerja kerja jabatan, kurang tidur dan lingkungan dengan tingkat kelelahan.Hanya variabel dukungan keluarga yang didapat p value 0,048 dengan alpha 0,05 dapat disimpulkan ada hubungan antara dukungan keluarga dengan tingkat kelelahan.

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<b>ABSTRACT</b><br>

Fatigue is a feeling of exhaustion and the decreased of alertness which related to the drowsiness, so it could affect the capability and willingness to carry out the task even if it may cause harms. One the method to find out the fatigue level is use the instrument from International Fatigue Research International and Linckert scales so to be known the motivation weakening, activity and the physical on Merak-Bakauheni Ferry's strait crew at as many as respondents. This research uses quantitative and Cross Sectional Approach The research gets the results 27.9% rate of mild fatigue and exhaustion was 72.1%. Mild and moderate levels of fatigue are connecting with the variables. Chi Square test results on these variables had p value > 0.5, meaning no

relationship between age, sex, length of employment, nutritional status, health status, shift / work patterns, occupation, lack of sleep and environment to the level of exhaustion. Only the family support variables obtained p value 0.048 with an alpha of 0.05 could be concluded there is a correlation between family support and fatigue.;Fatigue is a feeling of exhaustion and the decreased of alertness which related to the drowsiness, so it could affect the capability and willingness to carry out the task even if it may cause harms. One the method to find out the fatigue level is use the instrument from International Fatigue Research International and Linckert scales so to be known the motivation weakening, activity and the physical on Merak-Bakauheni Ferry's strait crew at as many as respondents. This research uses quantitative and Cross Sectional Approach The research gets the results 27.9% rate of mild fatigue and exhaustion

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